



# Shake It Up Thursdays

Thursdays • 4 -5 p.m. • 2<sup>nd</sup> Floor Teen Center

Come get summer ready with an hour of instructed exercise! Each week will explore a new form of movement. You can learn belly dancing, yoga, Pilates and much more! All supplies and materials will be provided. Comfortable clothing recommended.

This program is  
for ages

12-18



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